

MR. HERO NUTRITIONAL INFORMATION



MENU ITEM	SERVING (OZ)	SERVING (G)	CALORIES	CALORIES FROM FAT	TOTAL FAT (G)	SATURATED FAT (G)	TRANS FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	CARBOHYDRATES (G)	SUGARS (G)	FIBER (G)	PROTEIN (G)
BURGERS													
Romanburger® - 7"	11.4	318.7	805.9	507.7	56.3	18.7	0.9	82.4	1499.8	45.5	5.3	4.3	30.8
Romanburger® - 10"	16.6	466.0	1236.3	784.9	87.0	28.4	1.4	123.6	2259.1	69.1	6.8	5.3	45.6
Romanburger® - 14"	22.7	637.4	1611.9	1015.4	112.6	37.3	1.8	164.8	2999.6	91.0	10.6	8.5	61.6
Romanburger®BTE - 7"	13.8	388.4	1007.6	656.7	72.7	26.2	1.4	116.1	2012.0	47.8	6.1	4.9	42.2
Romanburger®BTE - 10"	20.4	571.3	1536.1	1006.0	111.3	39.6	2.0	172.5	3034.4	72.6	8.3	6.2	62.7
Romanburger®BTE - 14"	27.7	776.8	2015.2	1313.4	145.3	52.5	2.7	232.2	4024.1	95.6	12.3	9.8	84.5
Cheeseburger - 7"	10.4	291.8	720.8	445.2	49.1	16.2	0.9	65.1	1071.9	44.1	4.5	4.3	27.2
Cheeseburger - 10"	15.2	425.8	1108.7	691.1	76.2	24.7	1.4	97.7	1617.2	66.9	5.7	5.3	40.2
Cheeseburger - 14"	20.8	583.7	1441.7	890.4	98.3	32.4	1.8	130.2	2143.8	88.1	9.0	8.5	54.4
HOT BUTTERED™ CHEESESTEAKS													
Hot Buttered Cheesesteak™ 7"	9.4	259.0	579.1	292.5	31.0	12.5	1.0	80.0	1092.3	41.7	3.2	3.3	28.2
Hot Buttered Cheesesteak™ 10"	15.7	431.5	1019.5	549.9	58.5	23.0	2.0	150.0	1753.5	63.6	3.8	4.1	49.3
Hot Buttered Cheesesteak™ 14"	18.7	518.0	1158.3	584.9	62.0	25.0	2.0	160.0	2184.5	83.3	6.4	6.7	56.3
Hot Buttered Cheesesteak™ BTE 7"	11.3	313.0	729.1	399.0	42.5	17.5	1.5	120.0	1334.8	41.7	3.2	3.3	38.2
Hot Buttered Cheesesteak™ BTE 10"	19.3	533.8	1299.5	747.9	80.0	32.0	3.0	225.0	2148.5	63.6	3.8	4.1	68.1
Hot Buttered Cheesesteak™ BTE 14"	22.6	626.0	1458.3	797.9	85.0	35.0	3.0	240.0	2669.5	83.3	6.4	6.7	76.3
STEAKERY													
Mambo Italiano - 7"	10.1	279.5	733.2	406.9	45.5	14.9	1.0	107.4	1582.3	41.9	2.8	3.1	33.9
Mambo Italiano - 10"	15.1	416.8	1110.9	614.8	68.8	22.4	1.5	162.2	2418.9	64.0	3.2	3.7	50.7
Mambo Italiano - 14"	20.3	559.0	1466.4	813.8	91.1	29.7	2.0	214.8	3164.5	83.8	5.6	6.1	67.9
Hatta Pottata - 7"	10.0	281.6	720.8	395.6	45.2	11.8	1.0	82.5	1378.0	53.0	2.3	2.8	26.8
Hatta Pottata - 10"	14.9	418.4	1102.5	608.4	69.5	17.9	1.5	125.0	2109.5	80.8	2.5	3.2	39.7
Hatta Pottata - 14"	20.0	563.2	1441.6	791.2	90.3	23.6	2.0	165.0	2756.0	106.1	4.5	5.6	53.6
Baja Fire - 7"	9.6	263.8	627.3	321.1	36.0	10.7	1.0	77.5	1178.5	44.0	2.3	3.0	28.3
Baja Fire - 10"	14.5	398.1	948.7	482.1	54.0	16.1	1.5	116.3	1805.2	67.4	2.5	3.7	42.1
Baja Fire - 14"	19.2	527.7	1254.6	642.3	72.0	21.4	2.0	155.0	2357.0	88.0	4.5	6.1	56.6
Sicilian Parm - 7"	9.6	263.6	710.1	407.4	46.2	14.5	1.0	112.6	1367.4	39.8	2.0	3.1	32.7
Sicilian Parm - 10"	14.3	393.0	1076.2	615.5	69.7	21.9	1.5	170.0	2096.5	60.9	2.0	3.7	48.9
Sicilian Parm - 14"	19.2	527.3	1420.2	814.8	92.3	29.0	2.0	225.2	2734.7	79.6	4.0	6.1	65.5
Zesty Bacon & Swiss - 7"	8.9	250.0	668.3	373.0	41.0	14.0	1.0	105.0	1346.3	39.1	2.0	2.8	31.8
Zesty Bacon & Swiss - 10"	13.2	371.0	1008.2	559.5	61.5	21.0	1.5	157.5	2044.5	59.8	2.0	3.3	47.3
Zesty Bacon & Swiss - 14"	17.7	500.0	1336.5	746.0	82.0	28.0	2.0	210.0	2692.5	78.2	4.0	5.7	63.7
CHICKEN													
Chicken Philly - 7"	9.6	270.0	510.5	190.2	21.5	6.5	0.0	90.0	1552.5	45.0	3.4	3.5	34.2
Chicken Philly - 10"	14.3	401.1	771.6	285.4	32.2	9.7	0.0	135.0	2353.8	68.6	4.1	4.3	50.9
Chicken Philly - 14"	19.2	540.0	1021.0	380.5	43.0	13.0	0.0	180.0	3104.9	89.9	6.7	6.9	68.4
Chicken, Bacon & Ranch - 7"	8.1	228.0	590.0	260.0	28.5	8.5	0.0	95.0	1830.0	43.0	3.0	2.0	37.0
Chicken, Bacon & Ranch - 10"	11.9	334.5	890.0	390.0	42.7	12.7	0.0	142.5	2755.0	65.5	3.5	2.0	55.0
Chicken, Bacon & Ranch - 14"	16.2	456.0	1180.0	520.0	57.0	17.0	0.0	190.0	3660.0	86.0	6.0	4.0	74.0
Chicken Nuggets - 5 pc	3.6	100.0	275.0	162.5	18.8	3.8	0.0	43.8	562.5	11.3	0.0	0.0	16.3
Chicken Nuggets - 10 pc	7.2	200.0	550.0	325.0	37.5	7.5	0.0	87.5	1125.0	22.5	0.0	0.0	32.5
DELI SUBS*													
Original Italian - 7"	9.6	270.0	520.0	240.0	27.0	6.0	0.0	45.0	1560.0	50.0	7.0	3.0	19.0
Original Italian - 10"	14.5	405.0	830.0	390.0	44.0	10.0	0.0	70.0	2370.0	77.0	10.0	4.0	29.0

Original Italian - 14"	19.3	540.0	1040.0	480.0	54.0	12.0	0.0	90.0	3120.0	100.0	14.0	6.0	38.0
Italiano - 7"	9.5	265.0	550.0	230.0	26.0	6.0	0.0	55.0	1730.0	54.0	6.0	3.0	24.0
Italiano - 10"	15.7	440.0	920.0	400.0	46.0	10.0	0.0	90.0	2770.0	87.0	9.0	4.0	37.0
Italiano - 14"	18.9	530.0	1100.0	460.0	52.0	12.0	0.0	110.0	3460.0	108.0	12.0	6.0	48.0
Tuna 'n cheese - 7"	9.8	274.0	670.0	470.0	53.0	8.0	0.0	55.0	870.0	45.0	4.0	3.0	16.0
Tuna 'n cheese - 10"	14.6	409.0	1030.0	720.0	82.0	13.0	0.0	80.0	1310.0	68.0	5.0	4.0	23.0
Tuna 'n cheese - 14"	19.6	548.0	1340.0	940.0	106.0	16.0	0.0	110.0	1740.0	90.0	8.0	6.0	32.0
Turkey - 7"	10.1	283.0	330.0	20.0	2.5	0.0	0.0	35.0	1320.0	49.0	5.0	3.0	30.0
Turkey - 10"	14.9	418.0	490.0	30.0	3.5	0.0	0.0	50.0	1990.0	75.0	6.0	4.0	44.0
Turkey - 14"	20.2	566.0	660.0	40.0	5.0	0.0	0.0	70.0	2640.0	98.0	10.0	6.0	60.0

*Spreads and cheese not included in nutritional values

VALUE SNACKERS

Cheeseburger w/ grilled onions	5.3	149.3	384.5	185.8	20.8	7.3	0.5	32.6	683.8	34.8	3.0	0.9	14.8
Crispy Chicken	6.8	191.5	576.4	303.2	35.3	5.8	0.0	37.5	1065.9	50.3	2.1	1.1	17.1
Grilled Deli Trio	5.6	156.2	316.0	122.8	13.4	2.6	0.0	34.3	988.9	34.4	3.0	0.3	15.2

KID'S MENU

Kid's Cheeseburger	3.4	94.3	259.1	127.7	13.8	6.3	0.5	25.1	468.3	19.5	2.5	1.6	12.7
Kid's Nuggets	2.9	80.0	220.0	130.0	15.0	3.0	0.0	35.0	450.0	9.0	0.0	0.0	13.0
Kid's Cheeseburger Meal	6.8	189.8	507.5	286.1	31.7	9.5	0.5	25.1	838.3	42.5	2.8	3.6	14.7
Kid's Nugget Meal	6.3	175.5	468.4	288.4	33.0	6.1	0.0	35.0	820.0	32.0	0.3	2.0	15.0

*Beverage not included in meal nutritional values

SIDE ORDERS

Potato Waffer® Fries - rg.	3.8	105.0	360.0	240.0	27.0	4.5	0.0	0.0	350.0	29.0	0.0	3.0	3.0
Potato Waffer® Fries - lg.	5.8	161.0	570.0	380.0	43.0	7.0	0.0	0.0	540.0	45.0	1.0	4.0	4.0
Tater Tots - rg.	5.3	148.1	429.6	294.6	34.1	6.2	0.0	0.0	495.0	28.5	0.0	3.0	3.0
Tater Tots - lg.	8.8	247.0	716.8	491.8	57.0	10.3	0.0	0.0	825.0	47.5	0.0	5.0	5.0
Onion Petals - rg.	5.7	159.04	547.2	313.2	36.04	5.22	0	0	885	52	0	1.67	5
Onion Petals - lg.	11.4	318.1	1094.4	626.4	72.1	10.4	0.0	0.0	1770.0	104.0	0.0	3.3	10.0
Mozzarella Sticks - rg.	6.5	181.0	523.2	313.2	34.0	11.7	0.0	30.0	1260.0	36.0	5.0	6.0	24.0
Mozzarella Sticks - lg.	12.9	362.1	1046.4	626.4	68.1	23.4	0.0	60.0	2520.0	72.0	10.0	12.0	48.0
Breaded Mushrooms - rg.	6.8	100.6	484.8	304.8	33.6	5.1	0.0	0.0	720.0	40.0	2.0	2.0	8.0
Breaded Mushrooms - lg.	7.2	201.1	969.6	609.6	67.1	10.2	0.0	0.0	1440.0	80.0	4.0	4.0	16.0
Jalapeno Poppers - rg.	6.7	187.1	515.5	285.2	32.6	9.5	0.0	27.1	1490.5	43.4	7.0	2.7	13.6
Jalapeno Poppers - lg.	13.4	374.1	1031.0	570.3	65.2	19.0	0.0	54.2	2981.0	86.7	14.0	5.4	27.1
Loaded Tater Tots - rg.	7.5	211.1	591.6	411.8	47.1	9.8	0.0	12.5	1149.5	34.2	0.3	3.0	8.5
Loaded Tater Tots - lg.	12.6	352.0	1006.0	717.6	82.7	16.0	0.0	20.0	1849.3	57.3	1.0	5.0	11.2
Loaded Addition to Waffles - rg.	2.3	63.0	162.0	117.2	13.0	3.6	0.0	12.5	654.5	5.7	0.3	0.0	5.5
Fried Pickles - snack	2.7	75.6	121.3	48.0	5.9	0.8	0.0	0.0	620.0	14.7	2.0	1.3	2.0
Fried Pickles - rg.	5.4	151.2	242.7	96.0	11.9	1.6	0.0	0.0	1240.0	29.4	4.0	2.7	4.0
Fried Pickles - lg.	8.1	226.8	364.0	144.0	17.8	2.4	0.0	0.0	1860.0	44.0	6.0	4.0	6.0
Wings - rg. (5)	7.9	221.0	710.0	510.0	58.0	12.0	0.0	100.0	1100.0	21.0	12.0	0.0	30.0
Wings - md. (8)	12.8	359.0	1220.0	910.0	103.0	20.0	0.0	160.0	1710.0	31.0	17.0	0.0	48.0
Wings - lg. (10)	15.8	442.0	1420.0	1020.0	116.0	24.0	0.0	200.0	2200.0	42.0	24.0	0.0	60.0
BBQ sauce (rg.)	1.5	42.0	68.4	0.0	0.0	0.0	0.0	0.0	456.0	17.1	7.7	0.0	0.0
BBQ sauce (md.)	2.3	63.0	102.6	0.0	0.0	0.0	0.0	0.0	684.0	25.7	11.7	0.0	0.0
BBQ sauce (lg.)	3.0	84.0	136.8	0.0	0.0	0.0	0.0	0.0	912.0	34.2	15.3	0.0	0.0
Frank's Hot Sauce (rg.)	1.5	42.0	15.0	0.0	0.0	0.0	0.0	0.0	1380.0	0.0	0.0	0.0	0.0
Frank's Hot Sauce (md.)	2.3	63.0	22.5	0.0	0.0	0.0	0.0	0.0	2070.0	0.0	0.0	0.0	0.0
Frank's Hot Sauce (lg.)	3.0	84.0	30.0	0.0	0.0	0.0	0.0	0.0	2760.0	0.0	0.0	0.0	0.0
Cheddar Cheese Sauce - rg.	1.5	42.0	59.5	37.2	4.5	1.1	0.0	0.0	349.5	5.2	0.0	0.0	1.5

Cheddar Cheese Sauce - lg.	3.0	84.0	119.0	74.4	8.9	2.2	0.0	0.0	699.0	10.4	0.0	0.0	3.0
Onion Petal Sauce - rg.	1.5	43.0	150.0	120.0	13.5	2.3	0.0	22.5	390.0	9.0	6.0	0.0	0.0
Onion Petal Sauce - lg.	3.0	85.0	300.0	240.0	27.0	4.5	0.0	45.0	780.0	18.0	12.0	0.0	0.0
Marinara cup	2.3	65.0	35.0	10.0	1.0	0.0	0.0	0.0	310.0	3.0	2.0	0.0	0.0

BEVERAGES

Pepsi®													
regular	21.0	621.0	220.0	0.0	0.0	0.0	0.0	0.0	45.0	61.0	61.0	0.0	0.0
medium	32.0	946.4	340.0	0.0	0.0	0.0	0.0	0.0	70.0	92.0	92.0	0.0	0.0
large	44.0	1301.2	470.0	0.0	0.0	0.0	0.0	0.0	100.0	127.0	127.0	0.0	0.0
Diet Pepsi®													
regular	21.0	621.0	0.0	0.0	0.0	0.0	0.0	0.0	60.0	0.0	0.0	0.0	0.0
medium	32.0	946.4	0.0	0.0	0.0	0.0	0.0	0.0	90.0	0.0	0.0	0.0	0.0
large	44.0	1301.2	0.0	0.0	0.0	0.0	0.0	0.0	125.0	0.0	0.0	0.0	0.0
Mountain Dew													
regular	21.0	621.0	240.0	0.0	0.0	0.0	0.0	0.0	75.0	64.0	64.0	0.0	0.0
medium	32.0	946.4	370.0	0.0	0.0	0.0	0.0	0.0	115.0	97.0	97.0	0.0	0.0
large	44.0	1301.2	510.0	0.0	0.0	0.0	0.0	0.0	160.0	133.0	133.0	0.0	0.0
Lemonade	24.0	709.8	220.0	0.0	0.0	0.0	0.0	0.0	0.0	57.0	54.0	0.0	0.0
Strawberry Lemonade	24.0	737.8	229.0	0.0	0.0	0.0	0.0	0.0	0.0	59.0	55.0	1.0	0.0

DESSERTS

Plain Cheesecake	2.6	74.0	280.0	170.0	19.0	12.0	0.5	80.0	260.0	22.0	16.0	0.0	4.0
Strawberry Swirl Cheesecake	2.6	74.0	250.0	150.0	17.0	11.0	0.5	70.0	230.0	22.0	15.0	0.0	4.0
Oreo Cheesecake	2.5	71.0	260.0	160.0	17.0	11.0	0.5	65.0	250.0	24.0	16.0	1.0	4.0
Snickers Cheesecake	2.3	68.0	270.0	160.0	18.0	11.0	0.5	65.0	220.0	23.0	17.0	1.0	4.0
Deep Fried Twinkies® - rg.	3.0	76.0	300.0	160.0	18.0	3.5	0.0	15.0	350.0	34.0	17.0	0.0	3.0
Deep Fried Twinkies® - lg.	6.0	152.0	600.0	320.0	36.0	7.0	0.0	30.0	700.0	68.0	34.0	0.0	6.0

CHEESE

Swiss American (2 sl)	0.8	23.0	80.0	60.0	6.0	4.0	0.0	20.0	360.0	0.0	0.0	0.0	5.0
Provolone (1 sl)	0.8	21.0	80.0	50.0	6.0	3.0	0.0	15.0	180.0	0.0	0.0	0.0	5.0

DRESSINGS

Oil 'n Spice	0.5	14.0	130.0	130.0	14.0	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Mayonnaise	0.5	14.0	100.0	100.0	12.0	2.0	0.0	10.0	75.0	0.0	0.0	0.0	0.0
Ranch	1.0	28.0	120.0	90.0	10.0	1.5	0.0	15.0	270.0	5.0	1.0	0.0	3.0
Honey Mustard	1.1	30.0	120.0	80.0	9.0	1.5	0.0	10.0	250.0	9.0	8.0	0.0	0.0
Parmesan Spread	0.5	14.0	100.0	100.0	11.0	2.0	0.0	10.0	135.0	0.0	0.0	0.0	0.0
Roasted Garlic Parmesan	1.1	30.0	140.0	130.0	14.0	2.5	0.0	15.0	580.0	3.0	0.0	0.0	1.0
Honey Mustard (dipping cup)	1.0	28.0	45.0	0.0	0.0	0.0	0.0	0.0	150.0	10.0	10.0	0.0	0.0
BBQ (dipping cup)	1.0	28.0	40.0	0.0	0.0	0.0	0.0	0.0	370.0	10.0	9.0	0.0	0.0
Ranch (dipping cup)	1.0	28.0	140.0	130.0	14.0	2.0	0.0	5.0	220.0	1.0	1.0	0.0	0.0

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

Menu items and nutritional information may vary based on differences in product offerings and unit compliance with Mr. Hero's standard operating procedures. Also, from time to time test products may be marketed that are not available at all locations.

The nutrition information is based on standard product formulations and serving sizes. Beverage values may vary based on cup fill level, amount of ice and fountain equipment performance.

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